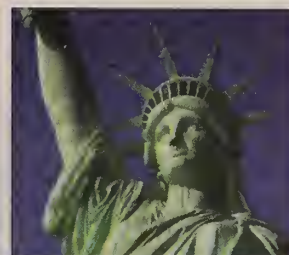


**Students
'get involved'**
Volunteering
enriches
college experience.
Page 5

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Heading to
the Big Apple**
Graphic design
students will tour
NYC in February.
Page 15

MONDAY, JANUARY 31, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

43RD YEAR – NO. 4

These programs fully funded

By LAURA BENNETT

Women living in Ontario can earn a college certificate at Conestoga without the stress of hefty tuition fees and high-priced books.

In fact, Conestoga College provides a couple of programs that are fully funded by the provincial government.

"We were fortunate enough to get funding for two years," said Kristen Goetz, liaison officer for the School of Trades and Apprenticeship at Conestoga College.

"The programs are for unemployed or under-employed women," she said, adding that if a woman earns too high of an income she would not be eligible.

Goetz is also the program co-ordinator for the Women in Skilled Trades (WIST) general carpentry pre-apprenticeship program.

There are two fully funded programs for women at Conestoga. WIST is located at Waterloo campus and the other program, information technology applications and technical support, is at Doon.

"The next program (WIST) will start in September 2011," said Goetz, adding that it is the second year for funding.

WIST runs for 28 weeks and there is also a 10-week paid work placement. Information sessions about the upcoming program will begin in April.

WIST students must be older than 16 and live and be eligible to work in Ontario.

"We provide students with their tuition, tools, school supplies and books that are on loan," Goetz said.

The carpentry pre-apprenticeship program is a good way to get women into the trades. The program teaches them framing, exterior finishes and structures, interior finishing and trim, hand and power tools and computer literacy.

The information technology applications and technical support program provides additional education and preparation for the IT sector. It focuses on the areas of hardware, software, customer service and support and networking and web design.

IF YOU THINK IT'S COLD OUTSIDE, TRY THE WATER



PHOTO BY LISA OLSEN

Students in the pre-service firefighter program practised an ice-water rescue drill on Jan. 19. Above, instructor Craig Smith, who wears a specialized ice rescue suit called the Ice Commander, reaches for a life preserver. For more photos of the drill, see Page 11.

Career Services is there for you

By NATHAN RIENSTRA

Students second-guessing their career directions is an ongoing issue at Conestoga College, but the Co-operative Education and Career Services department continues to offer its assistance.

On Jan. 19 the second Career/Educational Planning Workshop of the semester was held, which took students through a career planning cycle and showed them some online resources they can access at home.

"We find that the trend (of uncertainty) still continues and this is why we continue to offer the workshop a number of times each semester to anyone who wishes to attend," said career adviser Joy Tomasevic.

Karen Shoemaker, another career adviser who conducted the Jan. 19 workshop, emphasized that career planning is not always a one-time event but potentially a lifelong process that develops over time.

"The research is showing that the average North American now is changing

careers five to seven times," she said, adding that students are in charge of taking control of their own careers and that considering future work opportunities is possibly as important as the education itself.

"A lifelong process is not a single decision," she said. "It's a series of decisions, big and small, that help to move you in the direction of the life you want."

Shoemaker said good career planning always begins with self-awareness. When individuals have established their values and what's important to them when considering a certain field, the next step is for them to do some career and labour market research. But this research is not limited to computer research, and individuals should talk to people who work in their desired fields about what it takes to become successful.

Finally, when individuals have developed their self-awareness and completed their career and labour market research, Shoemaker said the last career planning step is for them to make a



PHOTO BY NATHAN RIENSTRA

Career development practitioner student Violet Vadjina, second from left, stands with career advisers Karen Shoemaker, Tao Cruikshank and Joy Tomasevic after a Career/Educational Planning Workshop on Jan. 19.

decision.

"But even after you're in your program, it's always important to consider your next steps and to have an action plan," said Shoemaker. "Do you need an internship? Do you need a co-op? Do you need summer job opportunities? What do you need to help build your resume to get you to that preferred future?"

Students who might need help answering the previous questions, and more, can book an appointment with a career adviser by contacting administrative assistant Mary O'Neill at 519-748-5220, ext. 2298 or moneill@conestogac.on.ca. The services are confidential, and help is available to students who have any kind of career-related needs.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could get rid of all the songs
of a particular singer's,
who would you choose?



"Justin Bieber, because he is really annoying."

Monica Hall,
first-year
practical nursing

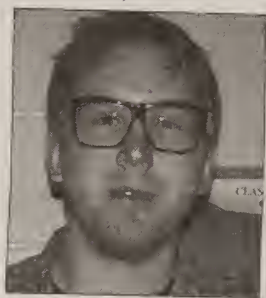
"Miley Cyrus. She is very mainstream and annoying to listen to."

Joshua Freeman,
first-year
robotics automation



"Eminem because he is very extreme and vulgar. His music seems to be based on shock value."

Justin Lang,
first-year
software engineering



"Billy Ray Cyrus is not even a real musician."

John Barrick,
second-year
journalism broadcast



"Elvis Presley because he is talked about all the time and I'm not really a fan of his music."

Eowyn Layng,
first-year,
executive office administration

"Pink because she is more about being provocative than being about the music."

A.J. Ibrahimli,
second-year
electrical engineering



Smile Conestoga, you could be our next respondent!



PHOTO BY VICTORIA SPRACKLIN

Chris Izumi, left, and brother Steve Izumi proudly hold their certificates for laser removal and blood-borne pathogens. Health and safety is a top priority for the artists who work at Tora Tattoo in Waterloo.

Think before you ink

By VICTORIA SPRACKLIN

With the recent zodiac constellation shift, some people have begun to worry that their signs have changed. This is particularly worrisome if they have their sign inked onto their body.

Fret not though, your sign remains the same. But perhaps you're reconsidering that tattoo anyhow.

Whether it's a zodiac sign or not, you have two options.

"Sometimes, some people will go to (a bad tattoo shop), they made a mistake, or it was a spontaneous thing they had done like 15 or 20 years ago," said Chris Izumi, a tattoo artist at Tora Tattoo in Waterloo. "So it's really faded, or it's something they didn't like that's done improperly. Clients will come in, we'll take a look and say we can cover it up or laser it."

Those who opt for laser removal should know a few things.

First, advances in laser technology mean that the skin will not scar when tattoos are removed. Steve Izumi, brother to Chris and a certified laser specialist at Tora, has a few different lasers for specific tasks.

"They've figured out certain wave lengths for certain colours. One laser I have right now is just specifically for colours, it's just attracted to the pigment. It hits the pig-

ment and crystallizes it, and from there it breaks it down and the body will get rid of it," said Steve.

For those with a small tattoo, this may be your best option. That's not to say that larger tattoos can't be removed as well, though.

"With one of our artists, I'm working on (removing) his full sleeve," said Steve. "It's gonna take about two years or so to get it completely removed. It's just been done over and over again where it's become a blob and you can't tell what it is."

Laser removal is a timely process, and can take several sessions depending on the tattoo itself. Healing time takes a minimum of four weeks.

Perhaps you just want to cover up your old ink with something new and bold. But if you wake up with a hangover and a bad tattoo the next morning, don't expect to get it covered up right away.

"You have to wait anywhere from three to six months for it to settle down to do any cover-up work, especially if it's a fresh tattoo," said Chris. Again, with cover-up tattoos, it all depends on the size, the tattoo itself and what the plan to cover it up with is.

Embarrassing and unwanted tattoos are fortunately easily dealt with these days. But to avoid the strain on your wallet, and the pain you may

endure, you should think about a few things before getting under the needle.

Both artists emphasized that research is the most important thing to do before even going out to a tattoo shop.

"When you go into a shop look for cleanliness, awards, certificates. Is the staff polite, are they helpful, do they explain things and say why it's good to do this or that? If you go into a place and they say, 'Yeah, we'll do this, we'll do that,' without questioning anything, then you have to question it yourself. Usually, that's a good time to turn around and walk away," said Chris. And equipment should absolutely be sterilized before use.

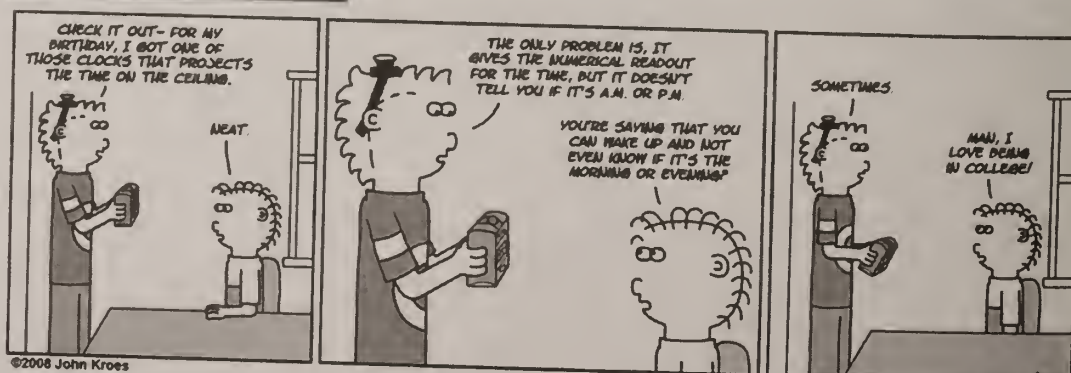
"If some shops refuse to show you their sterilizing room, it means they don't have one. And that should be when you turn around and walk away. You have the right to see it. We'll show it to anyone if they ask." A dirty instrument puts you at risk for hepatitis, flesh-eating disease and many other health problems.

Once you find your shop and you've settled on a design, all the best to you. Just remember Steve's words of wisdom.

"You've got one skin, one life. Make the right decision."

And most importantly, "Friends don't let friends get bad tattoos!"

LAST-DITCH EFFORT



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www.lde-online.com

Random Act of Kindness Day needs your online vote

*Foundation hoping to win \$25,000
to grow event across Canada*

By PAUL IRVINE

The organization behind Random Act of Kindness Day, of which Conestoga College is an active and enthusiastic participant, is seeking a random act of kindness of its own as it applies for a \$25,000 grant.

The Kitchener and Waterloo Community Foundation (KWCF), which started the program two years ago, is the only regional finalist for the Pepsi Refresh Project, which gives grants to worthy programs chosen by an online vote.

KWCF applied for the grant in November 2010, and was told that they were a finalist in December.



ranked 29th in its category on the Pepsi Refresh website.

Ryan Connell, a Student Life programmer at Conestoga College and a member of the KWCF's Friends of the Foundation committee, said that the program has been going at the college since 2008.

"The beauty of Random Act of Kindness Day is that it is a low-cost initiative," said Connell. "The event involves encouraging others to do small random acts of kindness to be the difference for others, and random acts of kindness don't have to cost anything."

"For example, this past year we were able to provide free hot chocolate that was all donated by local businesses and hot water donated from our cafeteria

and it was of no cost to the school."

Random Act of Kindness is the brainchild of Debb Ritchie, one of KWCF's volunteers. For last year's event, 75 teams went out in the community to hand out free copies of the Waterloo Region Record, and to perform other small random acts of kindness.

Van Kalsbeek said one particularly deep-pocketed member of the community left a \$100 Tim Hortons' gift card at the drive-thru window of a local franchise to pay for coffee until it ran out.

Local schools get involved with the initiative, with younger students painting wall murals in honour of the day, and putting together boxes of goods to give to the less fortunate.

"People go to the parking lots of hospitals and feed the meters," she said.

The Pepsi Refresh Project is giving away over \$1 million.

The KWCF gives grants to charitable organizations, provides leadership to the community and connects people to organizations both to volunteer and to take advantage of their services.

To vote for Random Act of Kindness Day across Canada, go to www.refresheverything.ca/randomactofkindnessday.



PHOTO BY MARCUS MATTHEW

The community rink at Waterloo Regency Park has been up and running since late December. Volunteer Sean Garnett said the rink is getting used more than ever this year. With daily and nightly maintenance, the ice is in great condition for people interested in a leisurely skate or a game of shinny. The park is located at Roxton Drive and Fischer-Hallman Road North.

Rink volunteers "unsung heroes"

By MARCUS MATTHEW

It's freezing cold outside. Your ears, hands and toes are going numb, but you don't let that stop you from playing the great Canadian game of hockey outdoors.

You throw on sweater after sock to make sure you're well insulated, knowing that for the next few hours you'll be hitting the ice for some fun.

While playing hockey or just skating around, do you ever wonder who makes this all possible? Who are those "unsung heroes" who build and maintain your community rinks?

They are made possible by the dedication and effort of volunteers who build these rinks and provide nightly maintenance.

Sean Garnett is one of five volunteers who helps maintain the Waterloo Regency Park community rink. He is now in his fourth year volunteering and said he does it all for the community to enjoy.

"I don't think any of the guys in the city that volunteer do the rinks for themselves," he said. "They do it for the community and for the people that don't get a chance to skate inside because ice time is expensive and limited."

The city, which provides materials such as the boards, shovels and water hoses, recruits as many volunteers within the community rink areas as they can. Then, after signing a few waiver forms, the volunteers do their best to keep the ice in good condition. "We're in charge of maintaining it and keeping the

rink going as long as possible," said Garnett. "It's really amazing how much it gets used."

Outdoor rinks need constant maintenance and flooding. Most rinks close around 9 p.m., leaving an hour or two for volunteers to shovel, flood and even repair ice chips and cracks. Garnett was out two weeks ago at 10:30 p.m. in the freezing cold shovelling and flooding the ice, all with a smile on his face.

Some volunteers, such as Garnett, go the extra mile by sprinkling sawdust around the edges of the boards to ensure the water doesn't leak out the side when flooding, a major problem for most outdoor rinks.

Jacques Nadeau, who used to be a volunteer at the Laurelwood Park community rink six years ago, said he enjoyed his time taking care of the rink and seeing the kids having fun on the ice.

"I did it all for the kids," said Nadeau. "I'm too old now though and it's too cold outside for me."

Whether it's one on one with a buddy, shinny with a group of boys and girls of all ages or just a parent teaching his young son or daughter how to play the game of hockey, Canadians love to get outdoors and are grateful for the volunteers who help keep the tradition alive.

"We love to play hockey outside and it wouldn't happen without the people that shovel and flood the rinks each night," said hockey player Adam Bignell. "I'd definitely say they're the unsung heroes."

WHO KNEW SWANS AND SQUIRRELS GOT ALONG



PHOTO BY ROBERT CONTE

This motley crew of critters takes advantage of the available food at the Waterloo Park zoo.

Banning song not right move

By LISA OLSEN

Every one of us, at some point in our lives, has been insulted. We've been called names, belittled, bullied and cut up. For some, this experience develops into a thick skin. For others it creates paranoia; a fear that everyone, everywhere is sneering, snickering and smirking behind their backs.

And for some, this paranoia goes so far that they begin to look for problems where there are none.

Recently, the Canadian Broadcast Standards Council, an independent agency which sets standards for programming in radio and television, banned the song Money for Nothing. It was released in 1985 by Dire Straits and contains an anti-gay slur. Because of this, the song, in its full version, is now banned on Canadian airwaves because of one single complaint to the council.

Yes, the word is a slur. Yes, it's offensive. But does the song deserve to be banned? No.

The CBSC's code of ethics says, in part, that broadcasters shall ensure that their programming contains no abusive or unduly discriminatory material or comment which is based on matters of race, national or ethnic origin, colour, religion, age, sex, sexual orientation, marital status or physical or mental disability."

Songs or TV programs that may be discriminatory toward people based on sex, age, etc? This never happens.

Not on South Park, anyway.

If the CBSC really and truly wants to start banning anything that could be offensive, they should create a grandfather clause. After all, this particular song is a narrative. Just as Nirvana's Rape Me is reflective of the dismay and hopelessness felt by North America's youth in the early '90s, it's meant to tell a story. At the beginning of MTV, it's a portrayal of the closed-minded mentality so prominent in the 1980s.

No wonder so many radio stations are protesting and the CRTC is putting pressure on the CBSC to reconsider its decision. It's a matter of principle.

As the old saying goes, you have to face your problems to deal with them. By sweeping this word under the rug and pretending it doesn't really exist, we're hiding from it. Discrimination is still there, it's just sneakier, more subtle and therefore, far more dangerous.

The views herein represent the position of the newspaper, not necessarily the author.



Monday, 4 p.m.: The Museum's hours confuse potential customers.

Longer hours needed

The Museum should be open at night to attract more adults

I'd like to go to the museum ... if it's ever open. The Titanic exhibit at The Museum, formerly known as The Children's Museum, has ended, and on its last nights it seemed as if the whole city turned up to see it.



Cassandra
Bourgeois
Opinion

“
The Museum devotes
Mondays and Tuesdays to
school groups and isn't
even open in the evenings.
”

The Museum extended its hours for the final week and a half and stayed open 36 hours straight over the last weekend. If they had extended their hours a little throughout the event, they may not have needed such drastic hours those last few

days.

I went to see the Titanic exhibit the second week it opened, on a Monday afternoon, around 4 p.m., and was surprised to find that it was a waste of a trip. The Museum devotes Mondays and Tuesdays to school groups and isn't even open in the evenings.

The Museum hosts many exhibits that are of interest and value to the community, but it's very difficult for people who have jobs or other obligations to make it there while it's open. A college student who goes to school during the week and

works on the weekends would find it nearly impossible to see an exhibit.

The Museum is closed from Jan. 24 to Feb. 2 to set up its next exhibit, Searching for Tom. During this time not only will no one be able to visit any of their permanent exhibitions, but they also have no hours posted for February on their website, preventing people from planning their trip to see the new exhibit ahead of time.

Although The Museum changed its name so it wouldn't alienate its adult guests, it seems it has remained a museum that caters to children, more specifically school groups. With better evening and weekend hours, The Museum could transform itself into a successful attraction for the adult population of Kitchener, too.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



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Students get an opportunity to get involved

By ASHLEY IDLE

On Feb. 20, Conestoga College held its semi-annual Get Involved Fair on campus. Groups from both on and off campus came to show their stuff to any students who might have a few extra hours a month that they could spare.

On-campus campaigns set up in the lower atrium while off-campus opportunities dominated the upper level. Both groups were trying to get the same message across; that it's important to get involved.

"It enriches the college experience when you get out in the community volunteering," said Sarah Daly of United Way. She also pointed out that many of the learning skills picked up in the classroom setting can be applied outside the classroom when students take the time to volunteer.

"Also, networking is so important," added Annie Crump of KidsAbility. She also said getting out and vol-

unteering can open so many doors for students.

For those students who wanted to stay on campus, there were many displays for them in the lower Sanctuary. Belinda Gott of the Respect campaign said that the Get Involved Fair was a great way to get connected with people on campus and the community at large. "It gets the message out."

Jason Paul, who was with Student Life, agreed. "It helps build relationships on campus and offers opportunities to get actively involved."

New groups on campus, such as the Glee Club and the Snow Club, also used the fair for recruiting. Lyndsay Bombardieri of the Glee Club said, "We're hoping to bring more people out and get more people in our club." Kasey Steele, also of the Glee Club, added, "We hope that people with the same interests can come and share a common activity."

Student Life programmer Ryan Connell agreed that

activism was important, and that the Get Involved Fair was a great way to show some support for both the college community and the community at large.

"I think it's important for us to encourage volunteerism amongst our student population because they're the ones that are going to be running our society and our communities once they leave here," said Connell. "It also offers an opportunity to build community."

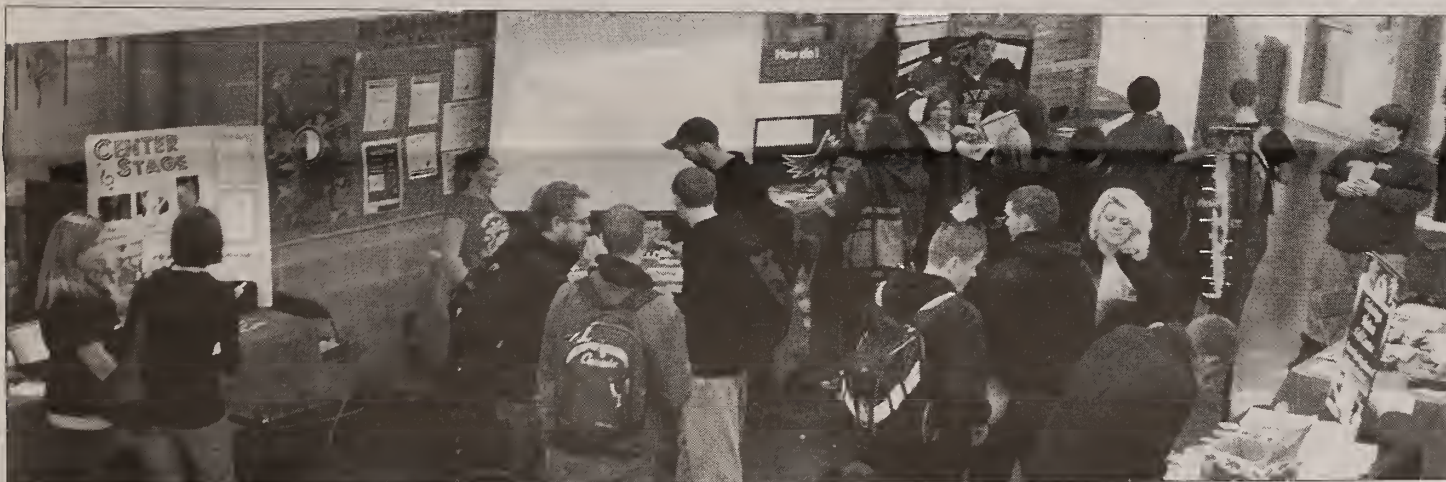
Connell also pointed out that volunteer work looks good on a resumé once students get out of school, since employers look for well-rounded employees.

Connell also said that there are some big misconceptions about volunteering. "People think it's not going to be fun," he said. He also talked about how people believe that it's a big commitment.

"That's what's great about the Get Involved Fair," said Connell. "You're getting connected with so many opportunities."



Carol Truong-Cat and Sonia Afrim volunteer at the Get Involved Fair on Jan. 20, helping make the event a success.



Many people gathered in the lower atrium to check out opportunities available on campus for students to get involved.

PHOTOS BY
ASHLEY IDLE



Kasey Steele, Tyrique Bahab and Lyndsay Bombardieri were at the event, trying to recruit new members for the Glee Club.



Annie Crump of KidsAbility and Sarah Daly of United Way canvass for volunteers at the fair.

Donate your denim to Teens for Jeans

Donors will receive 25 per cent off a new pair of pants at Aéropostale

By **COURTNEY NIXON**

Looking to clear some much-needed room in your closet? Why not donate your gently used jeans to the fourth annual Teens for Jeans drive at

Aéropostale in Fairview Park Mall.

To start things off, Aéropostale will donate 10,000 pairs of new jeans.

All pants collected across the U.S. and Canada until

Feb. 13 will be given to teenagers who are homeless. One out of three homeless people are under the age of 18. The Teens for Jeans campaign is hoping to collect its one millionth pair of jeans

during this year's drive.

After donating your jeans, which can be any size or brand, you will receive a coupon for 25 per cent off a new pair of jeans at Aéropostale.

"Do something about homelessness and let someone know they are not forgotten," said 90210 star Jessica Lowndes in a public service announcement on www.dosomething.org.



COUNSELLOR'S CORNER: Problem Gambling

Internet, casinos, video lottery terminals, Proline, lottery tickets: the opportunities to gamble are everywhere. For many it feels like a harmless means of entertainment, but gambling becomes a problem when the behaviour begins to interfere with your family, personal or school life.

Gamblers Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recuperate what you lost the day before? Have you claimed to win money that you really lost? Do you ever hide betting slips or lottery tickets from your family? After winning, do you have a strong urge to return and win more? These are just some indications that gambling is a problem in your life.

If you are worried that your level of gambling is no longer fun and you need help to stop, talk to a counsellor. Special community programs for people with gambling problems as well as self-help groups are available in our area. Like other addictions, problem gambling can destroy your life. Sadly, that's one thing you can bet on.

A Message from Counselling Services, 1A101.



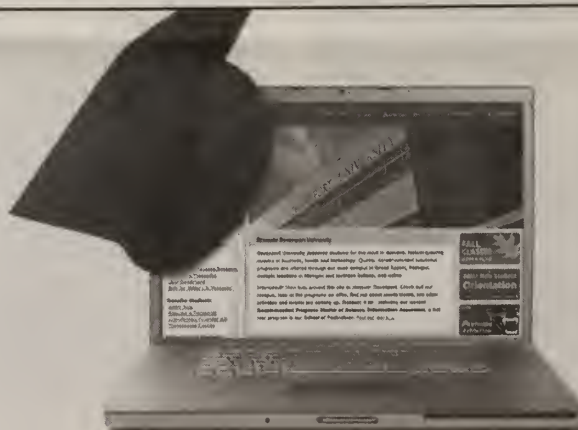
PHOTO BY COURTNEY NIXON

Every person owns, on average, seven pairs of wearable jeans. Bring your old pair to Aéropostale in Fairview Park Mall from now until Feb. 13 and help support the Teens for Jeans drive.

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Smooth your way into health

By ERIN FARRAR

Eating healthy while living the life of a busy student is often a difficult thing to do. Although there are many different suggestions about how to keep up fitness routines or cook healthy meals every day, these things can be unrealistic mixed with a hectic daily schedule.

One thing that students can do to keep their health on track is make smoothies. Sounds kind of fun, doesn't it? They're not very time-consuming to make and you can pack a ton of healthy ingredients into one drink.

"Smoothies are a fantastic way to get your body going in the morning," said holistic nutritionist Karen Bergmann. "With all the different ingredients you can put in that are good for you, the possibilities are endless."

Fresh or frozen fruit is the main element of a smoothie.

Frozen fruit may be considered better so the drink is nice and cold. On top of the fruit, a cup of yogurt adds a nice creamy touch. Protein powder is an excellent ingredient as well because, on top of being good for the body, it also makes the stomach feel full. Protein powder can be found at health food stores.

"I always blend up Swiss chard, spinach or kale as well," said Bergmann. "You have to do this in the beginning so it's really finely mixed. You would never even know it was there, besides the colour."

She recommends flax seed as well which has been called a miracle food due to its high content of linolenic acids. The benefits of flax seed include lowering a person's cholesterol and lowering blood pressure.

Omega 3 fish oil is a healthy fat and helps promote heart health. One teaspoon of this a day is all that is needed and once mixed in with the drink,



PHOTO BY ERIN FARRAR

All the ingredients for a perfect smoothie fit comfortably on the little table found in residence room, proof that making them in rez can be done.

it's unrecognizable. Omega 3 fish oil and flax seed can also be found at local health food stores.

Mix all of these ingredients together and you have one

extremely healthy and delicious concoction. Five minutes in a blender, and students can be running out the door to class with their breakfast in hand.

Canadian Diabetes Association

1 in 5 survives
getserious.ca

"Before my diagnosis, I was a professional athlete. Life was good and the future was bright."

Learn more about
Jung-Yul



Accounting student? You could win \$50,000 in online contest

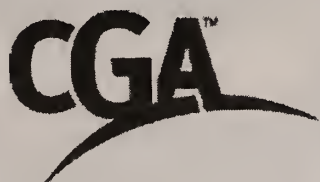
By ROBERT CONTE

Accounting students, start your calculators! The Certified General Accountants of Ontario will be launching its annual one-hour accounting contest on March 16.

The online competition, which started in 2007, expects 3,000 to 5,000 students to participate this year.

"Last year students from every post-secondary school across Ontario participated in the contest. We anticipate the same broad provincial participation again this year," said CGA public relations manager Amy Mulhern.

Eligible students must be enrolled at a college or university in Ontario. Once registered, students can choose between two levels of difficulty; both offer cash and scholarship prizes. Each level of difficulty consists of 100 multiple choice financial accounting questions. At basic and intermediate level, students can earn up to \$4,000 cash and a \$5,000 scholarship toward a CGA program of study. At the intermediate and advanced level, students can win up to \$5,000 cash and a \$5,000 scholarship. Prizes are also offered for second and third place as well as to the winning student from



each institution that has registered.

"The sharper your mind, the better your chances of winning great prizes," said Mulhern.

CGA Ontario is a self-governing organization that grants designation and controls the professional standards and conduct of its members. The CGA designation tells an employer that a prospect is well equipped to add value to the organization. According to Mulhern, participating in this contest would add to any aspiring accountant's resume and portfolio.

"The CGA designation is respected and widely recognized by employers, plus winning a skill-based competition is always something to be proud of and worth profiling," said Mulhern.

To sign up, students can visit cga-ontario.org/contest and obtain a user name, password and choose the level of difficulty. More information is available on Facebook at www.facebook.com/cga-domore.

"We wish all participants success," said Mulhern.



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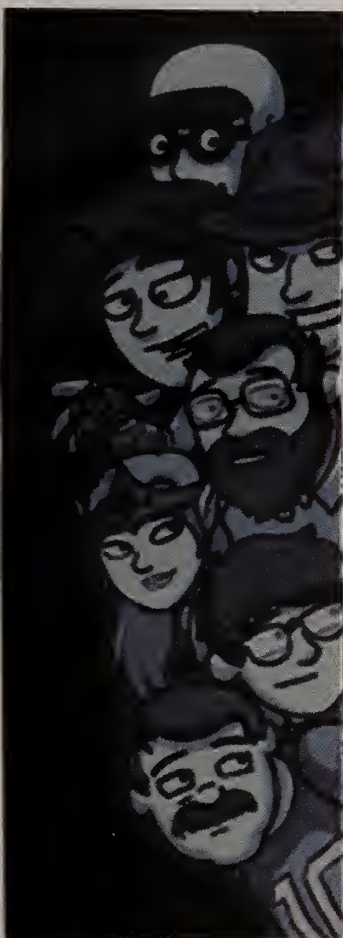
Winter-een-mas brings gaming joy

By AMANDA BAINES



GRAPHIC FROM CTRL+ALT+DEL

Ctrl+Alt+Del creator Tim Buckley created Winter-een-mas, a holiday to pay tribute to avid gamer and video game store owner Ethan McManus, who decided he should be praised for surviving the winter months.



GRAPHIC FROM CTRL+ALT+DEL

Buckley designed the seven spirits of gaming for his holiday, Winter-een-mas.

It was a cold, stormy January in Ethan McManus's world when he decided that he would invent a holiday and make everyone pay homage to "the king." He decided the weather was too cold, and he deserved compensation for his suffering, so he invented Winter-een-mas, a holiday to encompass the winter months and pay tribute to — well, himself.

Fortunately for us, McManus lives in a world known as Ctrl+Alt+Del, a gaming comic invented by Tim Buckley in October of 2002. But Winter-een-mas does exist, thanks to gaming fans worldwide.

Although some celebrate the gaming holiday throughout the month of January, it is most commonly held from Jan. 25 to 31. Each of the seven days has a theme, and traditionally only the games that fall within the theme are "permitted."

Buckley realized he was onto something with Winter-een-mas, and he continued to write holiday-based comics every January. In 2004, he wrote a seven-day spinoff of the Night before Christmas, and introduced the seven spirits of gaming, and in 2005, a greedy company wishing to profit from every gamer's holiday. McManus saved the day, and in 2006 the company went bankrupt due to loyal gamers boycotting them and supporting McManus's store, GameHaven.

In 2007 McManus took a weeklong sabbatical and slipped into a gaming coma, where he attempted to gain gaming enlightenment by completing a retro game, while his close friend and girlfriend reserved the paramedics for midnight at the end of Winter-een-mas, after which he writes the visions he has for a new religion based on the holiday.

In 2008, Buckley wrote another story, It's a Gamer's Life, but in 2009, he took a break from Winter-een-mas to focus on another branch of the comic. In 2010, however, Buckley brought back the holiday comics with Where Games Come From. Gamers and Ctrl+Alt+Del fans awaited the new 2011 comics with great anticipation, and Buckley did not disappoint his fans.

Winter-een-mas began as a holiday for the extreme gamer, but throughout the seven-year life of the holiday, casual gamers and "closet-gamers" have begun to enjoy

the holiday as well. Nurse Dariusz Czajkowski and his wife, Catarina, hosted their second annual Winter-een-mas kickoff in Cambridge on Jan. 23, spending over seven hours working through the various spirits of gaming.

"It's absolutely awesome," said Dariusz. "I really hope we can keep this up."

Although not recommended, gamers in the past have taken the week off work to spend every available moment gaming, and American grocery chain Shaw's confirms a rise in the sale of energy drinks. For those who choose to consume these "liquid strength"

drinks over the course of the night, please remember that the safe dose is two over a 24-hour period.

Several parties around the tri-cities will end off the holiday with a bang tonight, as Winter-een-mas ends at midnight. The last night for gaming nonstop, many gamers plan to take full advantage of the event.

The event that began to honour a video gamer and his quest to stay warm throughout the winter has become the dream of gamers worldwide, and only seems to get bigger each year as winter comes around.



PHOTO BY AMANDA BAINES

Game controllers and leftover food clutter a coffee table in Cambridge on Jan. 23, after a seven-hour gaming streak to kick off the 2011 Winter-een-mas holiday.

THE SEVEN DAYS OF WINTER-EEN-MAS

Jan. 25:

- Adventure
- Lego Harry Potter, years 1-4
- Legend of Zelda series
- Kirby's Epic Yarn



Jan. 28: Real-time strategy

- Starcraft
- Command and Conquer

Jan. 29: Racing

- Modnation Racers
- Need for Speed: Hot Pursuit

Jan 30: Role-playing

- World of Warcraft
- Mario and Luigi: Bowser's Inside Story

Jan. 31: Sports

- Tiger Woods PGA Tour 11
- NHL 2K11

Jan. 26: First-person shooter

- Call of Duty franchise
- Metroid: Other M
- Halo Reach

Jan. 27: Fighting

- Street Fighter IV
- Mortal Kombat
- Super Smash Bros Brawl
- Tekken

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HOROSCOPE

Week of January 31, 2011



Aries
March 21 -
April 19

A game of lawn darts will go horribly wrong in ways you didn't even imagine when one of your darts pops the world.



Libra
September 23 -
October 22

You will spend tomorrow building a castle out of loose change. You will think this is brilliant until you realize it costs more than a house.



Taurus
April 20 - May 20

The National Lumberjack Society will ask to stay at your house for a conference, and in the process they will deforest a five-mile radius around your home.



Scorpio
October 23 -
November 21

You will get it into your head to walk around the world. You'll get stopped because, you know, there are these things called oceans in the way.



Gemini
May 21 - June 21

Your secret obsession with My Little Pony will come to light in the most embarrassing way possible. Move to Tahiti.



Sagittarius
November 22 -
December 21

A trip to a restaurant will turn interesting when a group of masked bandits wearing dresses attempts to rob the place.



Cancer
June 22 - July 22

You will sign up for Mime College. On your way home, you will be stuck in a windstorm, and a glass box will fall on you. This one is made out of actual glass.



Capricorn
December 22 -
January 19

Start collecting random cardboard boxes. That way, no matter what happens, you will always have a modular place to live.



Leo
July 23 - August
22

A team of scientists will perform an experiment on you involving gamma rays. The only thing that will happen is you will turn green.



Aquarius
January 20 -
February 18

Your collection of LCBO bottles will grow to overtake the rest of your house. In a way, you will sort of be proud of this. Good work!



Virgo
August 23 -
September 22

Your house will become infested with rats, but rats are actually sort of cute sometimes, so you'll learn to live with it.



Pisces
February 19 -
March 20

A giant foam elephant will get loose from a parade and come to visit you on your lawn. You will name him Herbie.



Paul Irvine carefully examines the stars and then ignores them for your amusement.

Tron: Legacy a box office hit

By KATHRYN SCHNARR

If you are a fan of digitally stunning visuals and innovative music, then Disney's latest futuristic film, *Tron: Legacy*, is perfect for you. The movie, starring Jeff Bridges, Garrett Hedlund and Olivia Wilde, features a compelling plot as well as some truly captivating special effects.

The film begins with the introduction of Sam Flynn (Hedlund), who is haunted by the disappearance of his father Kevin Flynn (Bridges). Once praised as the best video game developer in the world, he mysteriously disappeared decades ago. While investigating a strange message sent from his father's

office, Flynn is transported into a mysterious digital world.

The Grid was his father's last project before his disappearance. It is a world where inhabitants are known as programs and neon lights line every building, road and vehicle. The visuals in this digital realm are surprisingly realistic and truly capable of mesmerizing any viewer. The Grid also features music produced by Daft Punk which perfects its futuristic feel.

Flynn soon discovers that his father has been trapped in this world by CLU (Bridges), a digital recreation of himself. With the help of his father's apprentice Quorra (Wilde), the three plan an escape.

However, they must also stop CLU. Originally created to run the cyber universe, he is obsessed with expanding his world and taking over the real one.

As the plot thickens, the film only gets better. It is packed with action and drama and ends with a surprising twist, leaving the film open for continuation. Although this is a sequel to a film produced almost 20 years ago, it is surprisingly entertaining and even features characters from the original.

The stunning visuals make this film a treat to watch and the interesting plot holds viewers' attention.

I give this film three stars out of five.



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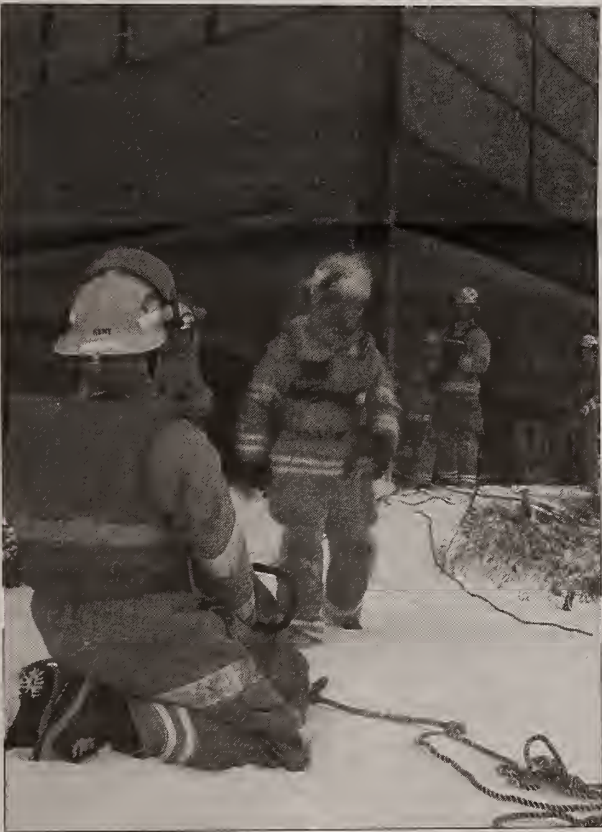
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College firefighters to the rescue!



Conestoga's pre-service firefighters took part in an ice-water rescue drill in the pond behind the Doon campus on Jan. 19.

Top: Craig McCann, left, and Joel Hoekstra work on the rescue drill.

Bottom: Pre-service firefighters pull instructor Craig Smith out of the icy water.

PHOTOS BY LISA OLSEN



Runner leaves cancer in the past

By **BRANDON REOCH**

Ever since he was a kid, distance has never been a challenge for Conestoga's varsity cross-country runner Chris Rankin.

"We would leave Wiarton and travel to London three to four times a week," said the 20-year-old northern Ontario native.

The 3½-hour trips to London weren't for any cross-country meets though.

"In Grade 1 I was diagnosed with leukemia," he said.

A cold day in February 1997 is a day that will stick with Rankin forever.

"I was outside during recess and I started feeling cold so I went inside and put on a jacket. Even with the jacket on I

was still cold and I began turning blue and after I went to see the principal I was off to the hospital," said Rankin.

With his parents at work, Rankin's grandparents soon arrived at the Wiarton hospital where, after a couple of blood tests, they were told to make the trip to the hospital in Owen Sound. After arriving at the hospital, where he met his mother, the doctor explained to them that Rankin had been diagnosed with leukemia and that he would need to be treated at Children's Hospital, London Health Sciences Centre.

The type of leukemia Rankin had is known as acute lymphoblastic leukemia, which is rapidly progressive cancer that starts by the

malignant transformation of a marrow lymphocyte.

"Being really young I really didn't know what was being said but from the reaction of my grandparents and mom I knew it wasn't good."

For the next three years, Rankin was either living at the hospital or he was making multiple trips each week to London from Wiarton for chemotherapy.

"My grandparents would call and visit and they were always praying for me. My brothers and sister were really concerned and my mom and dad were really supportive. It was hard on all of us."

"I am thankful for my family, grandparents, praying and their support."

Through all the chemotherapy sessions, hair loss and distance from family, Rankin kept his hopes up and spirits high. One thing that helped was attending Camp Quality.

The camp is a non-profit volunteer organization that provides year-round support for children with cancer (receiving treatment or in remission) and their families.

"It was awesome. They made it a lot of fun and I met a lot of people."

Three years later in May 2000, Rankin was deemed cured.

"The doctor called my house and told my mom that when we come down we have some good news to tell you."

One piece of news that wasn't expected may have sparked Rankin's interest in running.

"The doctor said where the femur fits into the socket is deteriorating because of the steroids I had been taking while doing the chemotherapy and that running would help strengthen it."

"My leg is actually two centimetres shorter now because of it."

Ten years later, and no cancer scares since, Rankin accepted an offer from Conestoga College to attend the business administration



PHOTO BY BRANDON REOCH

Conestoga varsity cross-country runner Chris Rankin runs on one of the treadmills in Conestoga's gym on Jan. 25.

accounting program. However, he soon discovered that Conestoga didn't have his favourite sport on the varsity level, curling, which is something Rankin has done competitively on and off for the past 14 years.

"Because of the leukemia I had a setback with curling (chemotherapy kept him inactive) and it was tough because I love curling and was hoping while at school I could get back into it."

While in high school, Rankin won a Bluewater Athletic Association title in curling which earned him and his team an appearance at the Central Western Ontario Secondary School Athletics competition where they placed second.

Since the day Rankin found out he had beaten leukemia, he has never felt sorry for himself and has only used his experience as motivation.

"Since I survived that I can survive anything. The weak feeling you get during a race doesn't match the weak feeling of being on chemotherapy where you have no energy and have no appetite and don't want to move."

After completing his business administration accounting diploma at Conestoga, the game plan is set in stone for Rankin.

"There are a couple firms I have in mind that would be pretty awesome to work for like BDO. And if everything works out I would like to start my own."

Out of all that has happened to Rankin, he says he has really developed a love for running, but he also continues to crave curling.

"I enjoy running but curling is my favourite sport and after everything that has happened, I just feel really fortunate."

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Stats Canada report a fitness motivator

Canadians spend more time watching television than being active

In Canada, we have a lot of misconceptions about ourselves. We like to think we are a "green" country, but in reality we have one of the highest carbon footprints of all the First World countries. We also like to think that most Canadians live healthy lifestyles, but this just isn't true.

The proof is in a new Statistics Canada report released Jan. 19, which says only 15 per cent of Canadian adults reach the recommended level of physical activity proposed by Canadian guidelines each week.



Emily
Gerrett
Opinion

The saddest part is, the guidelines have recently been lowered, so who knows how much worse the percentage would have been with the old guidelines in place?

The recommended one hour per day of moderate to vigorous activity was lowered to

only two and a half hours a week for adults. The fact that 85 per cent of Canadian adults don't even meet this new low level in a week is shocking, and will hopefully be eye-opening to a lot of people.

According to Statistics Canada, Canadian adults spend about 23 hours a week watching television.

If there is enough spare time for the average Canadian to spend 23 hours sitting on the couch in front of the TV, how can only 15 per cent find the mere two and a half hours needed to

be active and maintain their health?

We clearly have the time to spend being active, so what is the problem? Sure the advancements of technology work against us every day – escalators in malls so we don't have to take the 20 steps ourselves, remote controls so we don't have to get up off the couch, and golf carts to make even a sport less active.

But everyone knows the importance of exercise, and no one is forcing us to choose the escalator over the stairs.

When our parents were our

age, they didn't have the technology or same opportunity for laziness as we do. With only seven per cent of current Canadian children aged five to 17 reaching the recommended active levels, what will the percentages be like for our children in the future, who will have even more technology at their disposal?

A new outlook on the importance of exercise is needed in our country, as well as the motivation of each individual to live a healthier, more physically active life.

No respect shown in a very heated media game

A visit from Conestoga's Ryan Connell could have resolved a lot of issues before the New York Jets and the New England Patriots faced off in their AFC Divisional playoff game.

Leading up to the most hyped-up game of the week-end, respect was barely shown by either team. Foot-fetish insults, back and forth cursing and double-entendre jokes



Brandon
Reoch
Opinion

the Jets may have backed up all the trash talking they were doing, it came at a cost that could have a huge effect on youth.

There are kids in the world growing up playing organized team sports and it is a lot more than spectacular plays that kids see on TV. Kids are exposed to professional athletes slipping up and making statements that are disrespectful.

Today in youth sports, a huge emphasis is placed on having fun, making friends and respecting opponents to help kids enjoy the game. It is sad when kids who watch Sportscentre to see the highlight of the night instead

hear insults. It's a shame when athletes can project a simple and positive message but instead show such a lack of respect.

I understand competition can get the best of a person but insulting others to the press is in no way a form of competition. The only competition should be the game on the gridiron and not who can demoralize and lower the other team and their players. Great job guys.

I must say congratulations to the New York Jets for their win over the Patriots but not for the inappropriate comments they left engraved in the minds of the youth.

Hopefully the NFL cracks down on this behaviour so that another incident like this does not occur. But if it does continue, I won't be surprised to see a 13-year-old quarterback ridicule another team's defence and then throw for 220 yards and two touchdowns.



were shown on every sports station. And, unfortunately, not every fan is a 40-year-old man who knows that the Jets' and Patriots' actions aren't how professionals should conduct themselves. Even though



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Career Events this week

Monday, January 31
Tuesday, February 1

Rapid Resume Review Clinics

11 a.m. – 1 p.m.

Doon Campus: SLC, Lower Level Atrium

Registration is not required.

Get prepared for the RIM Park Job Fair on Wednesday. Drop by one of Co-op and Career Services' Rapid Resume Review Clinics to polish your job search documents and pick-up Job Fair tip sheets.

Tuesday, February 1

Career Directions Workshop – Part 1

5:30 – 8 p.m.

Doon Campus: Room 2A202

Registration required through MyCareer.

Room is still available for this three-part career planning and development workshop. Participants must attend all three sessions.

- Explore myths and realities of career planning
- Discover great online career resources
- Complete the Strong Interest Inventory – one of the most widely used career tests.
- Certificate issued upon completion

Wednesday, February 2

2011 Job Fair at RIM Park

10 a.m. – 3:30 p.m.

RIM Park, Waterloo

Free admission and bus transportation.

Drop by Co-op & Career Services to pick-up a Guidebook or visit www.partnerships4employment.com for details.

Login to **MyCareer** to register for resume workshops, events and more.

(From the Student Portal, click on the "Services" tab)



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POST-GRADUATE FAIR HOSTED BY CONESTOGA



PHOTOS BY GERALD UPTON

Students consult with Conestoga journalism reps while others wait their turn at a post-graduate fair held here on Jan. 24.



A student gets information at one of the university booths at the post-graduate fair.

Conestoga and universities share job fair

By GERALD UPTON

For a large number of Conestoga students graduation is looming. Following that is a much scarier prospect – finding employment.

One event that will go a long way to help you is the Rim Park Job Fair 2011. Conestoga is hosting it along with the three local universities.

“Start thinking about summer employment,” said Craig Black, marketing and events co-ordinator in Conestoga’s Co-op and Career Services

department. “May is only three months away and the resume/interview/selection process can sometimes take two months.”

Conestoga College, the University of Guelph, the University of Waterloo and Wilfrid Laurier University have co-operated to develop a job fair. This will be held on Wednesday, Feb. 2 between 10 a.m. and 3:30 p.m. at Rim Park in Waterloo.

“Employers come from all over Canada to recruit students from our four institutions,” said Black. “The number of employers attending

the job fair really echoes the greater local economy. The economy is still picking up, but we currently have 170 employers registered. Registration is still open.”

Employers are required to have employment opportunities within six months of the Job Fair. Approximately 3,500 to 4,000 students/alumni are expected to attend this event. Employer turnout is good because of the reputation of the four institutes involved in turning out top quality graduates.

The event is open to students and alumni of the four institutes.

Free shuttle buses will be serving Rim Park from Doon, Waterloo and Guelph campuses. However, there are only two buses leaving from Doon at 9:30 a.m. and 12:30 p.m. and one from Guelph at 10:45 a.m. You can also go to either UW, WLU or UG, where bus service is every half hour from 9:30 a.m. to 2 p.m.

For other information about the fair including a list of participating organizations, how to prepare for the fair, employer guidebooks, driving directions and a bus schedule, visit www.partners4employment.ca

To help you prepare, “Co-op

and Career Services is offering rapid resume review clinics on the two days leading up to the fair,” said Black. These are on Jan. 31 and Feb. 1 at Doon, and no registration is required.

The clinics also offer cover letter and job fair success workshops. For details and to register login to MyCareer through the Student Portal and select the Services tab.

If you can’t make a workshop, you can drop in to a Co-op and Career Services Rapid Resume Review Clinic at Doon. They take place from 11 a.m. to 1 p.m. on weekdays until Feb. 1.

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Wednesday, February 2
RIM Park, Waterloo

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- Free admission for degree/diploma students and alumni of the sponsoring institutions with student/alumni ID

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If you can make it there ...

Conestoga's graphic design students to bite the Big Apple

By THOMAS PARENT

The ever diligent and hard-working graphic design students are unshackling themselves from their desks and are preparing to spread their creative wings in New York City.

Forty students from years one, two and three, along with program co-ordinator John Baljkas and four other faculty members, are busing from Conestoga on Feb. 3 to the Big Apple to spend four days soaking up its cultural

juices. This will be a great opportunity for the students since it has been three years since the last trip was offered, but cancelled due to lack of interest.

"I wanted to go since I've never been outside the country," said third-year graphic design student Sean Willson, who helped co-ordinate the trip.

"I've never really been anywhere."

The organizers have arranged to tour The New York Times, The Guggenheim



Museum and The Museum of Modern Art which will give

the students a chance to view a culmination of art and culture in one of the world's largest cities. Famous artists such as Andy Warhol and Jean-Michel Basquiat have all found their digs in the monstrous city. What a better place to send our home-grown, burgeoning artists and designers?

"I think it will be a great inspiration for the students," said Baljkas. "It has that big-city culture which I think is important to get exposed to, especially in our field. It's

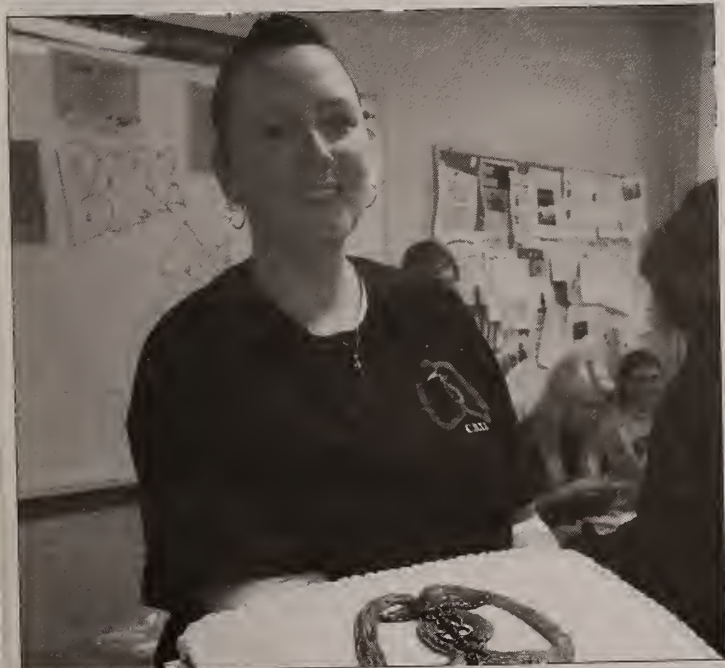
Toronto times five."

Melissa Williams, a third-year graphic design student who also helped organize the trip, was enthusiastic.

"It's good that we're finally going. I've been a few times before, so I know what to expect, but I think it will be exciting for people who have never been."

One other option the program had was to visit Chicago due to its own unique design and architecture, but New York was eventually chosen.

A SWEET BREATH OF FRESH AIR



Respiratory therapy students at Conestoga held a bake sale on Jan. 21 with proceeds going to the Canadian Lung Association.

Above: Second-year students show off their goodies during their program's bake sale. From right to left is Paula Jull, Shelby Leal, Jen Bradley Garton, Brandon Wilkins and Leanne Inglis.

Left: Second-year respiratory student Kristine Hilker holds the cake she made for the sale.

PHOTOS BY LAURA BENNETT

Is Conestoga home to the next Adam Lambert?

By SARA BUSSE

No, that wasn't Justin Timberlake and Leona Lewis Conestoga Students Inc. office the other day, but rather students trying out to become the next CSI Idol.

Auditions took place from Jan. 17 to 21 for CSI Idol, a singing competition held by the student union. Tara Herriot, CSI event co-ordinator, said this year's talent was amazing, making it a difficult decision for the CSI judges — Herriot, Sheena Sonser, Mario Anglin, Janie Renwick, Ciara Byrne and Amanda Black — to choose who would go to the Feb. 2 finals.


The competition was strictly judged on vocals so judges had to turn down some competitors who wanted to play the guitar while singing. Approximately

20 students came to belt it out on stage in hopes of winning the Spring Break prize — a week in Daytona and \$200 — Conestoga in the regionals.

"The judges from this week were just CSI members, myself, Sheena, Janie and board members Ciara, Amanda and Mario. The final judges are different and have not yet been finalized," said Herriot.

This year Herriot has added something new to the finals. Just like with the real American Idol, students will get a chance to vote on who should win. Select students will be given a clicker, similar to those used for PowerPoint presentations, and will vote on the competitor they like best for the viewers' choice award.

The finals will take place Feb. 2 in the Sanctuary at noon.



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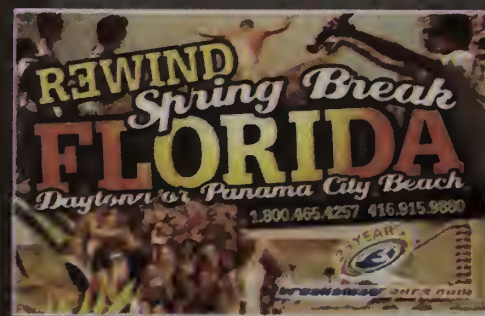
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